

Summer Yoga Stories

Name **Garv**

Age **7 yrs**

WHAT WE LEARNED



50+

Yoga poses that made us strong, flexible and balanced.



10+

Breathing exercises that strengthened our lungs, calmed our minds and improved our focus.



15+






Yoga stories through which we improvised, used our bodies creatively, explored different cultures and built empathy

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SPICE Learning Progress

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
SOCIAL 	Listening & Attention			★
	Participation			★
	Communication			★
PHYSICAL 	Overall Fitness			💪
	Flexibility		💪	
	Balance		💪	
INTELLECTUAL 	Memory			🧠
	Comprehension			🧠
	Focus			🧠
CREATIVE 	Imagination			🌈
	Improvisation			🌈
EMOTIONAL 	Reflection			💜
	Self-awareness		💜	

Takeaways

Garv has always been keen to participate in the new activities for the week. His attitude towards a challenge is always positive and persistent. He always shared his wonderful energy to uplift all the learners and loved to share his perspective during the reflections. He recognises the need for a balanced practice with elements of meditation, challenging yoga poses as well as relaxation.